

JANUARY WELLNESS: PHYSICAL ACTIVITY IN 2021



In November of 2020, the World Health Organization (WHO), updated recommendations on physical activity. The news of the updated guidelines can be found here:

[Every Move Counts Towards Better Health - Says WHO](#)

The WHO new guidelines recommend that all adults get 150 to 300 minutes of moderate to vigorous exercise per week. That is 30 - 60 minutes of exercise 5 days per week, or 21-43 minutes of exercise 7 days per week.

As we head into 2021, continuing (or beginning) an exercise program is a great way to kick off the new year. If you are beginning an exercise program, be sure to discuss it with your primary care physician first. This month, January of 2021, how can you implement exercise into your lifestyle?

Here are some ideas:

1) If you are a member of a *gym, health club, yoga studio, Zumba class or any other fitness facility* - and it is now closed, has limited capacity, or you would rather not exercise indoors at this time - you can: *check with them to see if there are streaming/virtual options for classes or personalized fitness training.*

2) If you have a safe location to *walk, jog or run outdoors, take advantage of being out in nature and getting exercise at the same time.* Here is an article on the benefits of walking outdoors:

['Awe Walks' Reduce Workday Stress and Boost Your Emotional Well-Being](#)

And, here is a resource for “gearing up” for outdoor physical activity (although the article specifies running, the tips are useful for any type of outdoor exercise): [Gear Up for Cold Weather Running](#)

3) Try winter outdoor activities for fresh air and physical activity, such as *skiing, snowboarding, snowshoeing, sledding or even making a snowman!* For ideas on where to go for fun outdoor activities in Massachusetts, click here to visit a page from the Commonwealth of Massachusetts website: [Outdoor Winter Activities in Massachusetts](#) (be sure to check for any COVID guidelines)

4) Maybe now is the time to invest in *indoor exercise equipment for your home.* You can get effective workouts with equipment ranging from simple, cost-effective exercise bands, to more expensive, comprehensive exercise equipment with memberships, such as [Peloton Bikes or Treadmills](#). The key is to find something you would enjoy doing! Which exercise purchase would motivate you? It could be a jump rope, a rowing machine, an elliptical machine, dumbbells for strength training or a mat for yoga. Whatever it is, commit to making a schedule to using the new equipment once you get it! Here are a few links to information about home exercise equipment:

[The Best Equipment for Starting Your Own Home Gym](#)

[The Best Home Exercise Equipment to Buy in 2021](#)

Choose a physical activity (or a few different ones) that you enjoy, and that will get you on your way to meeting the new guidelines of 150 - 300 minutes per week for a healthy, happy 2021.

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com